

DINNERLY



Char Siu Fish Stir-Fry

with Vermicelli Noodles and Roasted Peanuts



25 minutes



2 Servings

Usually used as a marinade for pork, sweet-savoury char siu sauce is fantastic with fish too. Toss with peas, spring onion and vermicelli noodles, then top with peanuts for crunch.

WHAT WE SEND

- 1 spring onion
- basa fish pieces ⁴
- 60g char siu sauce ^{1,6}
- 150g vermicelli noodles
- 150g peas
- 20g peanuts ⁵

WHAT YOU NEED

- 1 garlic clove
- 2 tbs soy sauce ⁶
- 1 tbs vegetable oil

TOOLS

- medium saucepan
- paper towel
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Fish (4), Peanuts (5), Soy (6).
May contain traces of other allergens.

NUTRITION PER SERVING

Energy 625kcal, Fat 16.3g, Carbs 88.5g,
Proteins 28.9g



1. Prep ingredients

Bring a medium saucepan of water to the boil for the noodles and peas. Thinly slice the **spring onion**, keeping the white and green parts separate. Pat the **fish** dry with paper towel and cut each piece in half. Crush or finely chop **1 garlic clove**. Combine the garlic, **char siu sauce** and **2 tbs soy sauce** in a bowl.



2. Cook noodles and peas

Cook the **noodles** in the pan of boiling water for 5 mins. Add the **peas** and cook for a further 2 mins or until the noodles and peas are tender. Drain, then rinse under hot water to prevent the noodles from sticking.



3. Pan-fry fish

Meanwhile, heat **1 tbs vegetable oil** in a medium deep frypan over medium-high heat. Cook the **fish** for 2-3 mins each side until browned and cooked through (see Kitchen 101). Remove from the pan and cut into 2-3cm chunks.



4. Finish stir-fry

Return the pan to medium heat. Stir-fry the **white part of the spring onion** for 1 min. Add the **sauce mixture** and **noodles and peas** and toss for 1 min or until combined and warmed through. Add the **fish** and gently turn to coat. Remove the pan from the heat. Taste, then season with **salt and pepper**.



5. Serve up

Divide the **fish and noodle stir-fry** among bowls. Scatter over the **peanuts** and **remaining spring onion**. Enjoy!



6. Kitchen 101

Not sure if your fish is cooked through? Simply use a fork or the tip of a knife to take a peek inside the thickest part of the flesh; if it comes apart easily, the fish is cooked.